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Home Helps

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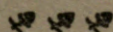
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HOME HELPS

A warm hearth, and a bright hearth, and a hearth swept clean,
Where the tongs can't raise a dust, and the broom isn't seen;
Where the clouds never fly about, and the foot doesn't fall,
Ah! that's the fire for a man like me, in cottage or in hall.

As cleanliness comes next to godliness, it should be the fundamental principle of all house-keeping; let it underlie every department from the garret to the cellar, but most apparent in the pantries, cellar and closets, for there is the resting place of all the supplies that come to the table. If stale articles are allowed to accumulate in the cellars and refrigerators, the purity and genuine flavor of the food is imperilled or destroyed. Neither fruit nor vegetables, milk nor meats of uncertain age should be allowed to accumulate and taint the atmosphere. Establish the rule of a weekly cleansing of every receptacle of food, also of a daily thorough oversight of the same.

THE CARE OF HOUSEHOLD STORES.

Bread should not be exposed to the air, but kept in a very clean tin box or crock with a cover.

Wood is objectionable for keeping either bread or cake, as many kinds impart a disagreeable flavor.

Wrap hams in paper and pack in a barrel or box of ashes. The ham or piece of dried beef which is cut for daily use can be placed in a paper-lined bag, tied tight to keep out flies, and kept in a cool place.

Keep cheese in a tight tin box; when very dry, grate and keep in glass jar, closely covered.

SOUPS

Give no more to every guest,
Than he is able to digest;
Give him always of the prime,
And but a little at a time.—Swift.

TOMATO SOUP.

Stew a can of tomatoes and strain; add a pinch of soda to remove acidity; in another saucepan boil three pints of

NEVER TOO OLD TO BEGIN

milk thickened with a tablespoonful of corn starch previously mixed with a little cold milk; add a lump of butter size of an egg; salt and pepper to taste, mix with tomatoes; let all come to a boil and serve.

JELLIED BOUILLON.

To each one-half pound of beef and veal used add $1\frac{1}{2}$ pints of cold water; crack the bones, if any, and let simmer till meat is in rags. Strain off the liquid and add 1 teaspoon celery salt, 1 tablespoon chopped carrot, onion and tomato and 4 pepper corns. Let this simmer again twenty minutes, then strain, and when cool set in refrigerator for twelve hours to jelly. Serve in chilled glasses or fancy cups, with an olive or a slice of lemon for garnish.

TOMATO CREAM SOUP.

One quart either canned or fresh tomatoes, cooked some time and strained; add soda the size of a large pea; cool it and add a quart of rich milk, one tablespoonful of butter and one of corn starch or flour; salt and pepper to taste. Boil a few minutes.

POTATO SOUP.

In one quart of milk put one-half of an onion and let it simmer fifteen minutes; take your potatoes, mash them, and add to the milk; strain through a colander; season with one-half tablespoonful butter, teaspoonful of salt and a pinch of pepper. A good quick soup.

OYSTER STEW.

First get nice, fresh oysters, open the can and pour the oysters into a colander, rinse with ice-cold water, put into a stew pan and stir over the fire until the leaves begin to separate; pepper, salt and butter them to taste, and serve either on carefully prepared toast, or in saucers or small soup plates. Put no water to them.

OYSTER SOUP.

Put one quart of boiling water in a kettle, then one quart of rich milk; stir in one teacup of rolled cracker crumbs, seasoned with pepper and salt to taste. When all comes to a boil, add one quart of nice fresh oysters; stir well to keep from scorching; then add a piece of sweet butter about the size of an egg; let it boil up once only, then pour into tureen immediately and send to table. Skim before adding the butter.

TO DRINK BEN-HUR COFFEE

FISH

Hospitality should be classed among the cardinal virtues.

BROILED WHITE FISH.

Clean, split down the back, and let stand in salted water for several hours; wipe dry, and place on a well-greased gridiron over hot coals, sprinkling with salt and pepper. Put flesh side down at first, and when nicely browned, turn carefully on the other side. Cook for twenty or thirty minutes or until nicely browned.

CLAM FRITTERS.

Take raw clams, chopped fine, and make a batter with juice, an equal quantity of sweet milk, four eggs to each pint of liquid, and flour sufficient to stiffen. Fry like other fritters.

CLAM STEW.

Lay the clams on a gridiron over hot coals, taking them out of the shells as soon as open, saving the juice; add a little hot water, pepper, a very little salt, and butter rolled in flour sufficient for seasoning; cook five minutes and pour over toast.

OYSTER PIE.

Spread a rich puff paste over a deep pie plate (the sides and edge—not the bottom); drain the liquor from large, fine oysters; put them into a pan and season with pepper, salt, spice and butter; have ready the yolks of three hard-boiled eggs, chopped fine, and some grated bread crumbs; pour the oysters into the dish, strew over them the chopped egg and bread crumbs, roll out the lid of the pie; after putting in a little flour and half cup of cream, put on the lid and bake in a quick oven till the crust is done.

CORN OYSTERS.

Score and press pulp from a sufficient number ears corn to make 1 pint pulp. Beat 2 eggs, whites and yolks separately; add first yolks then whites to the corn, mix gently, add $\frac{1}{2}$ teaspoon salt, dash pepper, 2 heaping tablespoons flour; mix well. Put butter into frying pan. When hot drop mixture by spoonfuls into it. Brown on both sides. Serve hot.

LOBSTER.

Be sure the lobster is fresh; to test it, draw back the

GOOD SEASONING IS MOST ECONOMICAL

tail; if it springs into position again it is pretty sure to be good. The size of the lobster regulates the time required to cook it; fifteen minutes for large ones and ten for small. Putting them at once into boiling water is the common mode of cooking; have the water cover them and boil until done. Don't cook too much, as the fine, delicate flavor is destroyed by it. If meat clings to the shell when opened and looks shrunken, it is cooked too much.

BROILED LOBSTER.

Split the meat of the tail and claws, and season well with salt and pepper; cover with soft butter and dredge with flour. Place in the broiler, and cook over a bright fire until a delicate brown. Arrange on a hot dish, pour Bechamel sauce around and serve.

STEWED LOBSTER.

The meat of a two and a half pound lobster cut into dice, two tablespoonfuls of butter, two of flour, one pint water, a speck of cayenne, salt and pepper to taste. Let the butter get hot, and add the dry flour. Stir until perfectly smooth, then add the water, gradually stirring all the while. Season to taste; add the lobster, heat thoroughly and serve.

MEATS AND GAME

"The Knife is Mightier than the Sword."

RULES FOR COOKING MEATS.

Salted meat should be put to cook in cold water, that it may freshen while cooking. Fresh meat that is to be served with sauce at table should be put in boiling water to cook, as that best preserves the juices.

Put soup meat over in cold water to cook, as that extracts the juices. When making soup have a kettle of boiling water on the fire for replenishing with, and keep the meat simmering or boiling slowly all the time. Be sure to remove the scum when it first rises. The more gently the meat boils the tenderer it will be. It requires 20 minutes to the pound for cooking lamb and veal, 15 for beef if rare.

Break eggs in cold water to poach, and put old potatoes to cooking in cold water. So say the French cooks.

A piece of red pepper cooked with a boiled dinner is an improvement.

USE BEN-HUR HIGH GRADE SPICES

Remember always that the meat fiber is toughened by rapid cooking.

LITTLE PIGS IN BLANKETS.

Cut fat English bacon in very thin slices; season large oysters with salt and pepper, and wrap an oyster in each slice of bacon; pin it up with a fresh tooth-pick; heat a frying-pan and put in the little pigs. Cook just long enough to crisp the bacon, about two minutes in a very hot oven. Place slices of toast that have been cut into small pieces and serve immediately. Do not remove the skewers. This is a nice relish for lunch or tea. To garnish with parsley improves the looks of the dish. The pan must be very hot before the "pigs" are put in; then be careful not to burn them.

CAROLINA CHICKEN.

One scanty cup of milk thickened with one even teaspoonful of flour; put in a saucepan to boil and add one beaten egg, then a cup of finely-chopped chicken. Serve in large spoonfuls on pieces of toast.

CHICKEN SHORTCAKE.

Prepare a couple of nice tender fowls as for fricasseeing; cook them until well done; season with pepper salt and butter; thicken to the consistency of thick cream (add a cup of cream if possible). Have a pan of hot soda biscuit just out of the oven when the chickens are ready to take up, split the biscuit open and butter them, place on a platter and pour chicken over and send to table.

FOR CHICKENS IN SHELLS.

Boil the chicken in water or broth; cut the meat into little dice, mix them while hot with a Bechamel sauce or with a white sauce made with cream; sprinkle sifted bread crumbs or cracker crumbs over them; brown slightly in a hot oven. Serve immediately. Sometimes mushrooms are mixed with the chicken dice.

CREAM CHICKEN.

Stew two chickens until very tender. Remove meat from bones and cut in small pieces; add a can of mushrooms, also cut up, bring $1\frac{1}{2}$ quarts of sweet cream to a boil and thicken with 4 tablespoons of flour rubbed into 5

IF INVITED TO TAKE TEA

tablespoons of butter, pour over the chicken, put cracker crumbs on top, also bits of butter, and bake from 20 to 30 minutes.

ROAST VEAL.

Prepare a leg of veal for the oven by washing, drying and larding it with strips of bacon or ham, and dredging it well with flour and seasoning with salt and pepper; baste frequently and serve with gravy (it is cooked in) thickened. A roast fillet of veal should be prepared by stuffing it with bread crumbs, seasoned with chopped ham, summer-savory, pepper and salt. Dredge lightly with flour and bake.

MARBLED VEAL.

Take a knuckle of veal, cut off the meat, boil the bones for gravy, cut the meat in small pieces, and fill a basin or mould with a layer of veal and a layer of ham, alternately; season with mace, pepper and salt: pour over it the gravy and put it in the oven for an hour or more till done, and when cold turn it out. Nice for tea, sliced.

CALF'S LIVER STEWED.

Boil till partly done; take out the saucepan and chop into small pieces; put back in the saucepan, stew until tender and skim well; season with butter, pepper and salt; thicken with a little flour, and serve over slices of toasted bread.

CALF'S LIVER FRIED.

Cut in thin slices, wash and drain them, roll in corn meal or cracker crumbs; fry the fat from three slices of pork and fry the liver in it.

LAMB AND TOMATO.

Prepare six nice tomatoes for cooking; drain off all the water you can from them, as it makes them rank. Chop some cold lamb and have ready some grated bread crumbs. Alternate a layer of crumbs, meat and tomato, seasoning each layer as you go with pepper, salt, butter, and a little sugar, finishing with the crumbs. Bake in the oven until brown on top and cooked through. Any other meat may be substituted for lamb.

SAY, BEN-HUR SUITS ME.

TO BROIL A FORE QUARTER OF LAMB.

Take out all the bones but the small ribs; broil as you would chicken. For the gravy, have the bones cracked in small pieces, put in a covered saucepan with a little water. There should be a teacup full when done. Strain and add flour to make thick as cream (a little cream is an improvement); butter the size of an egg. Do not let it boil after the butter is in. About as delicious as spring chicken.

CREAMED CHICKEN.

Cut the meat of two chickens fine with shears and add $\frac{1}{2}$ onion grated, 1 pint mushrooms (canned). Stir 5 tablespoons of flour in 4 tablespoons of butter and add this to $1\frac{1}{2}$ quarts of sweet cream which has just come to a boil. Beat this until smooth and add to chicken and season with pepper and salt. Put in baking dish, sprinkle with cracker crumbs and bake $\frac{1}{2}$ hour.

BREADED TONGUE.

Slice cold cooked tongue, then dip in beaten egg, then in bread crumbs and fry brown. Make a tomato sauce, pour sauce into a platter, lay the slices of fried tongue upon it and garnish with parsley and sliced olives.

LIVER PATTIES.

Take a half pound of calf's liver, boil and chop fine; season with salt, pepper, and catsup, adding a little thick brown case. Bake a few minutes in hot patty shells.

NICE WAY TO COOK STEAK.

Cut steak in nice sized pieces. Dip in ice water, roll in flour, fry in plenty of butter and lard. Cook veal cutlets and mutton chops same way.

TO BOIL HAM.

Soak, from twelve to twenty-four hours, a ham weighing eight to ten pounds; then cover with boiling water, to which add a pint of vinegar, two or three Bay leaves, a little bunch of thyme, some parsley (dried will do); boil very slowly two and one-half hours. Take out, skin and remove all the fat but a layer half an inch thick; trim all the black, discolored outside, put in dripping-pan, strew bread crumbs mixed with a little brown sugar and brown in the oven (hot) half an hour or so. Sherry wine added while roasting improves the flavor.

YOU MAY THINK OTHERS NICE

VEAL BIRDS.

Have the veal cut in thin slices, trimmed in squares of about four inches each way. Cut also pork into 1-inch squares, allowing one for each bird, chopping pork and trimming as fine as possible and adding half the amount of cracker crumbs. Season highly with salt, pepper, celery salt, paprika and onion. Mix with egg and milk enough to hold together. Fill each with dressing and fasten together with tooth-picks. Roll in flour and brown in butter in the oven.

SCALLOPED CHICKEN.

One chicken, 1 can mushrooms, 1 pint oysters. Cook chicken and cut up in small pieces. Scald oysters and chop them, chop mushrooms, put together same as any scallop and roll with rolled crackers. Season with butter, salt and pepper, cover with milk and bake.

FROG LEGS.

First skin, then throw into boiling water for five minutes. Take out and put them in cold water until cold then wipe dry. Season with salt and pepper, dredge with flour and fry a nice brown in butter. Serve with a little cream sauce around them.

SCALLOPED VEAL.

Boil the veal, and when cold and firm cut it with a sharp knife into small cubes. Butter a baking dish and place in it a layer of bread and cracker crumbs, then a layer of veal, alternating until the dish is two-thirds full, the last being a thin layer of bread crumbs. Sprinkle each of the layers with salt and pepper and lay over them bits of butter, also add a little milk and broth. Enough liquid should be added to moisten the crumbs entirely through. For a three-quart tin, bake from one to three-quarters of an hour.

BEEF LOAF.

Three pounds round steak ground very fine, 3 eggs, 1½ cups crackers rolled fine, ½ cup butter, salt and pepper to taste. Work with hands until it is like a rubber ball; spread with butter on outside and bake 1½ hours in a little hot water; baste often

CHICKEN CROQUETTES.

Four and a half pounds chicken boiled and chopped

My Lady's Bank Account

Household accounts in many homes are like snakes in Ireland—there aren't any. The money comes and goes in haphazard fashion and there is no exact knowledge as to where it goes. It goes—it's gone, that is all there is to it. Pater familias complains of the heavy drain on the family purse, and mater familias murmurs that living is so high nowadays. She has worries and troubles enough without bothering her head about columns of figures that won't add twice alike and accounts that absolutely refuse to balance.

There are many wives in this city, however, who have discovered the convenience and helpfulness of a checking account at the

Banks are the friends and helpers of the provident.

Ways to Save

At the end of the month you may wonder where all the money has gone. It's spent, it's gone—you realize that—and that's all you do know about it.

Here are two suggestions which, if followed up, will reduce your expenses and allow you to have money in the bank.

1. Keep an expense record.
2. Spend less than you earn.

The first rule makes the second one easy. The second one will make a savings account with this bank a necessity and convenience. You can start an account with \$1.00.

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BUT THERE'S NOTHING LIKE BEN-HUR SPICE

very fine; moisten to a thick pulp with the liquor in which it has been boiled. Mix with this a pint and a half of mashed potatoes, beaten to a cream, three eggs, one teaspoon mustard, sweet marjoram, salt and pepper to taste, a little celery chopped very fine; soften with milk till very soft, and add quarter of a pound of butter; mold into forms, dip into egg and cracker dust, and fry in boiling lard.

ROAST LIVER.

One and a half or two pounds of nice calf's liver; wash and cut three gashes across it, into each of which place a slice of thinly cut bacon; press together and roast an hour and a half or two hours in an oven hot enough to brown nicely; baste often; serve while hot.

STUFFED BEEFSTEAK.

Take a flank or round steak, pound it, and sprinkle with pepper and salt; then make a plain stuffing and spread on the meat, roll it up, and tie closely; put in a pot with a quart of boiling water and a lump of butter the size of an egg; boil slowly one hour; then put in a pan with the water in which it was boiled, and bake until nicely browned, basting it frequently; dredge a little flour into the gravy, boil, and pour over the meat.

BEEF CROQUETTES.

Chop fine some cold beef, beat two eggs, and mix with the meat, and add a little milk, melted butter, salt and pepper. Make into rolls and fry.

BEEF LOAF.

Three pounds of beef chopped fine, six crackers rolled fine, three eggs well-beaten, one tablespoonful of salt, one teaspoonful of pepper, one tablespoonful of melted butter; mix well and shape like a loaf of bread; put a little water and bits of butter into the pan, cover with a pan, bake two hours, and baste occasionally.

VEGETABLES

The onion strong, the parsnip sweet,
The twining bean, the ruddy beet,
Yea, all the garden brings to light,
Speaks of a landscape of delight.

Never let vegetables stand in the water after coming off the fire, but put them in a colander over boiling water if you have to keep them back for dinner.

SUCH AROMA AND DELICIOUS FLAVOR

CORN OYSTERS.

Sixteen ears of young sweet corn grated, two eggs, the yolks and whites beaten separately, a full teaspoonful of sugar, pepper and salt. Bake in small cakes on a hot gridle. If the corn is old, you can add a couple of tablespoonfuls of milk.

TO COOK SWEET CORN.

Husk and silk young corn, cut from cob as described in canning succotash. Cook cobs, then cook the corn in the same water half an hour (very little water), add three teaspoonfuls sweet cream, butter, salt and pepper; scald and serve.

CORN OMELETTE.

One dozen ears of young corn grated, salt and pepper, four eggs, a lump of butter size of an egg, one cup of milk, one tablespoonful of flour, the whites and yolks of eggs beaten separately. Heat and butter an earthen pie plate and bake in a hot oven; done when browned nicely.

BAKED BEANS.

Soak over night five cups of beans. In the morning parboil, adding tablespoon soda; then drain, add small cup of molasses, 1 teaspoon of mustard, salt to taste, and half a pound of salt pork. Put in a jar, cover with hot water. Bake five or six hours.

OILED CUCUMBERS.

Thirty medium sized cucumbers, 12 good sized onions, 1 quart vinegar, $\frac{1}{4}$ bottle table oil, 1 small handful red pepper, 6 tablespoonfuls celery seed. Peel and slice cucumbers and onions, mix, salt, thoroughly cover, let stand all night; in the morning place in colander and drain, then cover with vinegar and stand four hours; pour off vinegar. Take oil and mix well with cucumbers; heat one quart fresh vinegar to boiling and pour hot over cucumbers and onions; put in air-tight jars. It will be right to use in about a week.

SCALLOPED TOMATOES.

Butter an earthen dish, then put in a layer of tomatoes, fresh or canned (without skins), then cover with a layer of rolled crackers; add a little butter, sugar, salt and pepper; repeat this process until dish is full, then bake one hour in hot oven. Have cracker crumbs on top layer and dot with bits of butter.

IT'S BEN-HUR COFFEE

ESCALLOPED CABBAGE.

Chop a head of cabbage quite fine and scald. Melt 2 tablespoonfuls of butter in a saucepan and mix smooth with 2 tablespoonfuls of flour; then add 1 pint of milk and stir till it boils; season with salt and pepper and add 4 hard-boiled eggs chopped fine. Drain the cabbage, put in a pudding dish and pour the sauce over it. Put grated bread crumbs and bits of butter over top and bake slightly brown in the oven.

ESCALLOPED TOMATOES.

One pint fresh or canned tomatoes, one generous pint bread crumbs, three tablespoonfuls of butter, one of sugar, one scant tablespoon of salt, one-fourth teaspoonful of pepper, put a layer of the tomatoes in a dish, sprinkle with salt and pepper and dot butter here and there over it, then strew with crumbs. Continue this until all the ingredients are used and bake brown one hour if fresh tomatoes, half hour if canned.

TOMATO PUDDING.

Slice tomatoes and spread over the bottom of a pudding dish. Season each layer with salt, pepper and sugar, then a layer of bread and butter. Repeat until the dish is full. Bake one hour. Eat with meats.

Tomatoes may be stuffed and baked.

FRIED TOMATOES.

Peel tomatoes and cut crosswise in thick slices, salt and pepper, dip each slice into thick flour, then in beaten egg and fry on griddle or spider, in hot lard if in spider. After taking up, pour in a cup of cream, thicken and season, then pour over them. A little sugar sprinkled over them when cooking improves them.

POTATOES A LA PARISIENNE.

With a vegetable scoop cut out balls from raw-pared potatoes. Let them stand in cold water, and about ten minutes before serving time put the balls in a basket and fry them until brown in a kettle of fat.

SARATOGA POTATOES.

Pare potatoes, slice them very thin and let them stand in ice water for several hours. When the slices are brittle drain off the water from them, put them into a frying basket

BEN-HUR COFFEE HAS QUALITY

and lower them into a kettle of boiling fat. Cook for ten minutes.

FRENCH FRIED POTATOES.

Cut a medium sized potato into four parts, let stand in cold water, drain, place into a frying basket and lower into a kettle of boiling fat. Cook eight or ten minutes.

RICE CROQUETTES.

One large cup of cooked rice, one-half cup of milk, one egg, one tablespoon of sugar, one tablespoon of butter, one-half teaspoon of salt and a slight grating of nutmeg; put the milk on to boil, add the rice and seasoning, add the egg well-beaten, stir one minute, take off and cool. When cold shape, roll in egg crumbs and fry.

BREADED SAUSAGE.

Prick the sausages with a fork, roll in egg, then in bread crumbs, place in a frying basket and lower into fat and cook for ten minutes. If anything requires seasoning, see that it is done before the breading.

STEWED PIE PLANT.

Skin and cut nice pie plant as you would for pies. Put it in a porcelain kettle with a little water, cover and stew as you would apples; sweeten to taste. Very nice.

SALADS

A salad should come to the table fresh and crisp. The garnishes should be of the lightest and freshest kind.

SALMON SALAD.

One can of salmon drained, chopped and boned, add one cup of chopped celery, one-half cup nuts, pepper and salt, and enough hot dressing to mix.

SWEETBREAD SALAD.

Cut cold boiled sweetbreads in small dice, put in a salad bowl and chopped boiled potatoes and celery cut up. Pour over boiled dressing and garnish.

ADIRONDACK SALAD.

One can peas, three tablespoonfuls onions, four tablespoonfuls cream cheese, four tablespoonfuls sweet midget

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ASK YOUR NEIGHBOR

pickles, salt and paprika. Boiled or mayonnaise salad dressing. Cut onions very fine and cut cheese and pickles in small pieces. Serve very cold with a meat dinner. Also very good for a stag dinner.

APPLE SALAD.

Two cups of apples (cut in cubes), one cup of celery (cut in cubes), one-half cup of English walnuts (chopped rather fine), pinch of salt.

Dressing: One cup whipped cream, three tablespoons salad dressing, two tablespoons sugar. After thoroughly mixing the two, cover with whipped cream.

SALAD DRESSING.

Three-fourths glass of sugar, into which stir one heaping tablespoon of flour, pepper, one teaspoon salt. Fill glass with milk, stir in the yolks of five eggs, one tablespoon butter, one pint vinegar, one-half pint of water; stir until thickens.

TOMATO SALAD DRESSING.

One-half cup vinegar, one teaspoon sugar, one-half teaspoon salt, one teaspoon mustard, one egg well beaten. Cook over hot water. When cold pour over tomatoes.

SALAD DRESSING.

Lump of butter size of an egg, one tablespoon mustard, one scant tablespoon salt, one-half cup sugar, mix well. Three eggs, drop them separately into the other ingredients and beat well after each. Two-thirds cup vinegar, one cup cream or rich milk; cook in double boiler. If for fruit salad add whipped cream.

FRENCH MUSTARD.

Three tablespoons ground mustard, one tablespoon sugar well worked together; then add one beaten egg and beat until smooth. Add one teacupful of vinegar, a little at a time. When cool add one tablespoon of salad oil. If preferred, leave out oil and add one tablespoon of butter before cooking.

SALAD DRESSING.

Beat yolks of eight eggs light, add one cup sugar, tablespoon each of mustard, salt and black pepper, a small pinch of cayenne pepper, one-half cup sweet or sour cream. Bring to a boil one and one-half pints of vinegar and one cup but-

TRY BEN-HUR WHITE PEPPER

ter, pour on above mixture; stir well. When cold, bottle tight.

SALAD.

Three bananas (sliced), one cup English walnuts, one-half cup celery (cut fine), one cup white grapes (seeded).

Dressing: Two eggs (beaten), one-half cup of sugar, one-half cup vinegar, one-half teaspoon salt, one tablespoon butter. Boil until it thickens, and just before mixing the salad, add three-quarters cup of cream.

FRUIT SALAD.

Dissolve one package gelatine in cold water, add one quart hot water, one-half cup sugar, juice of one lemon and two oranges, one box grated pineapple and six bananas. Set on ice to harden.

TOMATO SALAD.

Peel with a sharp knife small, round tomatoes, hollowing out the stem sides slightly; arrange them on a platter hollow side up, with three or four small crisp lettuce leaves under each one, and fill the hollow of each tomato with a dressing made as follows: One egg, two tablespoonfuls of vinegar, butter the size of a hickory nut, salt, cayenne pepper, and a teaspoon of French mustard. Stir all together and cook slowly over hot water, stirring constantly until thickened. Do not cook too long, or it will curdle. A mayonnaise dressing can be used if preferred.

SWEETBREAD SALAD.

Let the sweetbreads lie in salt water at least an hour or two before cooking. Boil until tender with a little salt; let them get cold, then chop up with celery, and serve with a mayonnaise dressing.

OYSTER SALAD.

Cut a quart of oysters into bits; mix with them two-thirds as much blanched, tender celery (also cut, not chopped to pieces) as you have oysters; put into a glass dish; pour over it a good mayonnaise dressing, and serve immediately. Until the oysters and celery are mixed keep both in a very cold place. This salad is delicious if eaten as soon as made.

CREAM CHEESE SALAD.

Wash a head of lettuce and dry carefully on a clean towel, arrange it in a salad bowl with a little cream-curd cheese, or a roll of fresh Jersey Neufchatel cheese. Pour

THE IDEAL PEPPER FOR SALADS

over this six tablespoonfuls of oil, two of vinegar, add a saltspoonful of salt and a quarter of saltspoonful of pepper; keep in a cool place until served. A delicious breakfast salad, served with good coffee and fresh rolls.

SALAD.

Wax beans make a delicious salad; choose young beans, remove the strings, cut into half-inch pieces, or longer if you choose; cook in salt and water; while warm, cover them with a dressing of oil, vinegar, salt and pepper, remembering the old maxim: "A spendthrift for oil, a miser for vinegar, a wise man for salt, a mad man for mixing." Use at least twice as much oil as vinegar.

CELERY SALAD.

One head of cabbage, three bunches of celery, chopped very fine; take a scant teacupful of vinegar, a lump of butter the size of an egg, the yolks of two eggs, one teaspoonful mustard, one of salt, a pinch of cayenne pepper, a teaspoonful of sugar; mix these well, put the mixture on the stove.

CAKES

The turnpike road to people's heart I find,
Lies through their mouth or I mistake mankind.

CAKE MAKING.

If it is warm weather, place the eggs in cold water for a few minutes, as they will then beat up better, be sure they are fresh. The cake tins should be prepared before the cake if baking powder is used, so that the cake may be placed in the oven at once on being mixed. Fresh lard is better for greasing the pans than butter. Do not stir cake batter, but beat it thoroughly from the bottom of the dish at every stroke, beating more slowly towards the last, the motion being always upward. In winter you may use the hand, but in summer a wooden spoon is better. Always mix a cake in earthen or stone ware.

"Milk" means always sweet milk.

DARK CAKE.

One cup dark sugar, two tablespoons butter, two eggs, one-third cup chocolate dissolved in hot water, two-thirds cup sweet milk, one teaspoon of vanilla flavoring, two cups sifted flour, with one teaspoon baking powder, one teaspoon soda dissolved in hot water; beat all thoroughly.

FOR PURITY, STRENGTH AND FLAVOR

DELICATE CAKE.

1 cup sugar, $\frac{1}{2}$ cup butter, cream well; add cup of sweet milk slowly, 2 cups flour, 2 heaping teaspoons of baking powder sifted well with the flour, whites of four eggs, beaten well; add half at a time, last to batter. Flavor with lemon extract.

KELLY ISLAND CAKE.

One cup butter, two cups sugar, three cups flour, four eggs, one-half cup milk, three teaspoons baking powder. For filling stir together a grated lemon, a large tart apple, an egg and a cup of sugar; boil four minutes. A great favorite of gentlemen. A very excellent cake.

FRUIT CAKE.

One pound butter, one ounce mace, one pound sugar, one pound flour, two pounds currants, one pound raisins, one ounce cinnamon, one ounce cloves, four nutmegs, eight eggs, one-quarter pound citron, one-half ounce extract of rose, one cup sour milk, one teaspoon soda.

BLACK CHOCOLATE CAKE.

One and one-half cups sugar, scant one-half cup butter, three well-beaten eggs, saving the white of one egg for frosting. Take one cup of sweet milk, putting one-half on stove to heat, stirring into it a scant one-half cup grated chocolate; cool, and add to the mixture. Put one teaspoon soda in the other one-half cup of milk and add—lastly add one and three-quarter cups flour with a little baking powder sifted in; vanilla.

SPICE CAKE.

One and one-half cups brown sugar, scant three-quarter cup butter, three eggs, one cup sour milk, one teaspoon soda, a little baking powder sifted in flour, pinch of salt, nutmeg, cinnamon, cloves, two and one-half cups flour, one cup chopped raisins.

DELINEATOR WHITE CAKE.

One-half cup butter, one and one-half cups sugar, scant one cup luke warm water stirring in gradually, two and one-half cups flour, one heaping teaspoon of baking powder, three eggs or whites of four.

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BEN-HUR EXTRACTS YOU'LL FAVOR

SUNSHINE SPONGE CAKE.

Whites of seven eggs, yolks of five eggs, one heaping teacup fine granulated sugar, one heaping teacup flour, measure sugar and flour after sifting five or six times, one-quarter teaspoon cream tartar, one teaspoon lemon extract, add pinch salt and cream tartar to the whites of the eggs. Beat until stiff, add sugar and beat thoroughly; add flavoring and yolks of eggs, carefully stir in flour; bake thirty-five or forty minutes in slow oven. When removed from oven invert pan and leave until cool.

SOLID CHOCOLATE CAKE.

Two cups of brown sugar, one-half cup of butter, one-half cup of sour milk, two small eggs, beaten all together, not separately; grate one-third cake of Baker's chocolate and put in one-half cup of hot water in which one teaspoon of soda has been dissolved, two heaping cups of flour, with tablespoon of vanilla.

FRUIT CAKE.

One cup butter, one cup sugar (brown), one cup molasses, one cup sour milk, one and one-half teaspoons soda (scant measure), three cups flour, four eggs, two pounds raisins, one-quarter pound citron, one nutmeg, spices.

WHITE CAKE.

Two cups sugar, one cup butter, one cup sweet milk, three cups flour, the whites of six eggs, three teaspoons baking powder.

ANGEL CAKE.

Separate and cool eleven whites of eggs, sift one tumbler of flour with one level teaspoon cream tartar three times; sift one and one-quarter tumblers sugar three times. Beat whites until stiff, carefully stir in sugar, then fold in the flour, very little at a time; flavor and bake one hour.

NEW YEAR'S MARBLE CAKE.

Dark Part: Yolks of four eggs, one cup brown sugar, one-half cup molasses, one-half cup of butter, one-half cup of sour milk, one teaspoon cloves, one teaspoon cinnamon, one nutmeg, one teaspoon soda, one and one-half cups sifted flour.

White Part: Whites of four eggs, one cup of white sugar, one-half cup of butter, one-half cup of sweet milk, two teaspoonfuls of baking powder, one teaspoon of vanilla,

USE BEN-HUR BAKING POWDER

two and one-half cups sifted flour. Put in the pan alternately, first a spoon of white, then a spoon of dark, etc.

DEVIL'S FOOD.

One and one-half cups granulated sugar, three-quarter cup of butter, three-quarter cup of sour milk, one teaspoon soda mixed with a tablespoon of boiling water, two cups of flour, one teaspoon of vanilla, three eggs, two squares of chocolate.

DEVIL'S FOOD CAKE.

Two squares chocolate, one egg, one-half cup milk; cook; add one cup sugar, butter size of egg, one teaspoon vanilla, one-half cup milk with teaspoon soda, two cups flour sifted with one teaspoon cream tartar. Bake in loaf or layer.

WEST SIDE CAKE.

One teaspoonful soda in coffee cup, add eight tablespoons hot water, four tablespoons melted butter, yolks of two eggs. Fill cup with molasses, beat well, thicken with flour; bake in two layers with frosting between, or in one plain cake.

SNOW CAKE.

One-fourth cup butter, one cup sugar, one-half cup milk, two eggs (whites), one and two-thirds cups flour, one-half teaspoon vanilla, one and one-half teaspoons baking powder.

DELICATE CAKE.

One-half cup butter, one-half cup milk, one and one-half cups sugar, four eggs, (whites only), two cups flour, one teaspoon baking powder, vanilla extract for flavoring. Make one sheet.

FRUIT CAKE.

One-half cup butter, one cup sugar, two eggs, one-half cup milk, one cup flour, one heaping teaspoon baking powder, one-half pound each currants and raisins, one-half teaspoonful each cloves, nutmeg and cinnamon. Bake one hour.

JELLY ROLL.

Four eggs, three-quarters cup pastry flour, one-half cup powdered sugar; beat sugar and yolks of eggs to froth; beat whites to stiff, dry froth and add to sugar and yolks. Add flour stirring swiftly and gently. Bake in shallow pan

IT MAKES LIGHT, WHOLESOME CAKES

twenty minutes. While warm cut off edges and spread with jelly. Roll up in towel till time to serve.

SPICE CAKE.

Three-fourths cup of butter, two cups of sugar, one cup of milk, one cup of raisins, one cup of nuts, one teaspoon cinnamon, one teaspoon of cloves, two teaspoons of cocoa, one-quarter teaspoon of nutmeg, four eggs, two cups of flour, one teaspoon baking powder, a little salt, vanilla.

COFFEE CAKES.

Three cups of bread sponge, one-half cup of butter, two tablespoonfuls of sugar, two eggs. Roll thin, cut out as for biscuit; sprinkle with sugar, cinnamon and bits of butter. Bake slowly.

FIVE MINUTE CAKE.

Break an egg in a teacup and fill it with sweet cream. Pour this over one teacup of sugar and beat well. Sift together one cup of flour, one-half cup of corn starch and two teaspoonfuls of baking powder. Add this to the mixture and flavor to taste. This may be baked in loaf or in layers with any filling desired.

PORK CAKE.

One pound fat salt pork chopped fine, two pounds raisins, two cups sorghum, two cups sugar, one teaspoon cinnamon, one teaspoon cloves, one teaspoon allspice, one nutmeg, two cups boiling water, one and one-half teaspoons soda, six cups flour. Bake two hours in a slow oven.

DARK CAKE.

First Part: One-half cup grated chocolate, one-half cup sweet milk, one-half cup sugar; cook, but not boil, and set away to cool.

Second Part: One cup sugar, two eggs, one-half cup butter, two-thirds cup sweet milk, two cups flour, level teaspoon soda, flavor to taste. Bake in layers.

Filling for Dark Cake: One cup thick sweet cream, beat in powdered sugar until thick; flavor with lemon extract.

MAHOGANY MIXED CAKE.

Two-thirds of grated chocolate, one-half cup of brown sugar, one-half cup sweet milk, boil and cool; one cup of brown sugar, scant one-half cup butter, one-half cup sweet

WE SUGGEST BEN-HUR SPICES

milk, two eggs, one and two-thirds cups flour, one pound nuts, one-half pound raisins, level teaspoon soda, teaspoon vanilla. Bake one hour.

SPICE CAKE.

One-half cup butter, two cups light brown sugar, one-half cup of sour milk, one teaspoon soda, two of cream tartar, four eggs, two cups flour, one tablespoon of cinnamon, one teaspoon of cloves and nutmeg. Bake in layers and keep the whites of two eggs for frosting between layers.

DROP CAKES.

Two cups brown sugar, one cup shortening, one cup sour milk, one teaspoon soda, three eggs, four cups flour, two teaspoons cinnamon, one of cloves, one cup raisins.

SPONGE CAKE.

Four eggs well beaten, two coffee cups sugar; beat eggs and sugar well together; two cups flour, butter the size of a walnut, two-thirds of a cup boiling water, three teaspoons baking powder, flavor to taste. Add the water gradually the last thing. Bake in well-greased dripping pan, spread with jelly while hot and roll. This will make two large rolls or three small ones.

OATMEAL CAKES.

One cup sugar, one cup butter or fryings, two eggs, one cup of sour cream or milk, one teaspoon soda, two cups oatmeal and two cups of flour mixed well together; one cup raisins cut fine, flavor with vanilla. Bake in gem tins.

BURNED SUGAR CAKE.

One and one-half cups sugar, one-half cup butter, one cup cold water, two cups flour, yolks of two well-beaten eggs, one teaspoon vanilla, three teaspoons of the burned syrup, one-half cup flour, the whites of the two eggs, add two teaspoons of baking powder. Bake in three layers.

Caramel: One-half cup sugar, burned; removed from fire and add one-half cup cold water; set on stove and boil again to a thick syrup. This furnishes caramel for three cakes.

Filling: One cup sugar boiled, add three teaspoons of the caramel, white of one egg.

LAYER CAKE.

One and one-fourth cups sugar, one-half cup butter,

THEY WILL MAKE GOOD CAKE BETTER

one-half cup sweet milk, one and three-quarters cups flour, three eggs, beaten separately, two teaspoons baking powder. Use any filling you like.

DEVIL'S FOOD CAKE.

One-half cup of butter, one cup of sugar, yolks of two eggs, one-half cup of grated chocolate melted in two tablespoons of boiling water and beaten more; two-thirds cup of sweet milk with one level teaspoon of soda dissolved, two cups of flour with one teaspoon baking powder; lastly, add one teaspoon of vanilla, well beaten whites of two eggs; mix chocolate with butter and milk and yolks of eggs. Fine with raisin filling.

WALNUT CAKE.

One-half cup of milk, one cup of butter, two cups of sugar, three cups of flour, four eggs beaten separately, one tablespoon baking powder, two cups of walnuts cut small.

CHOCOLATE CAKE.

Two ounces chocolate, four eggs, one-half cup milk, one-half cup butter, one and one-half cups sugar, one heaping teaspoonful of baking powder, one and three-quarters cups flour. Beat butter to a cream, add the sugar, the yolks and part of the flour, beating all the time. Then add milk and chocolate dissolved in five tablespoonfuls of boiling water. Add the remainder of the flour and the baking powder. Stir the stiffly beaten whites carefully into the mixture. Bake in a moderate oven forty-five minutes.

Boiled Frosting: Mix one-half cup of water and one and one-half cups of granulated sugar. Boil gently without stirring until it will spin a thread. Beat the whites of two eggs to a very stiff froth. Beat in one-quarter of a teaspoonful cream of tartar. Pour boiling syrup gradually into this, beating until stiff enough to put on cake without running. Flavor when nearly cool.

SPANISH CAKE.

One cup brown sugar, one-half cup butter, one-half cup sweet milk, one and one-half cups flour, one teaspoon each baking powder and cinnamon, one-half teaspoon cloves, two eggs, leaving out the white of one for frosting. Bake in two layers and frost.

JOHNNY CAKE.

One cup sour milk, six tablespoons corn meal, three

USE BEN-HUR BAKING POWDER

tablespoons flour, three tablespoons sugar, pinch salt. Bake in hot oven.

POTATO CAKE.

One cup potatoes (mashed), one cup butter, two cups sugar, one square chocolate, one-half cup sweet milk, one-half teaspoon nutmeg, cinnamon and vanilla, one and one-half cups flour, two teaspoons baking powder, one cup nuts, one-half cup raisins, four eggs; mash potatoes hot, cream butter and sugar, add mashed potatoes, then yolks of eggs, flour, milk, other ingredients, whites of eggs last.

NUT CAKE.

One cup sugar, one-half cup butter, one cup sweet milk, one and one-half cups flour, two teaspoons baking powder, whites three eggs, one-half teaspoon vanilla, one teacup walnut meats rolled.

ALMOND FROSTING.

Blanch half a pint sweet almonds by putting them in boiling water, stripping off the skins, and spreading upon a dry cloth until cold; pound a few of them at a time in a mortar till well pulverized; mix carefully the whites of three eggs and three-quarters of a pint of powdered sugar; add the almonds, flavor with teaspoonful vanilla or lemon, and dry in a cool oven or the open air when weather is pleasant.

GELATINE FROSTING.

Two even tablespoonfuls of gelatine dissolved in three teaspoonfuls of cold water, after which add three tablespoonfuls of boiling water. Strain and stir in fine sugar until stiff. Beat a long time. Very nice.

HICKORY NUT MEAT FROSTING.

To one egg add a cup of sugar, chop the meats very fine and mix with frosting after long beating, and spread on cake as thickly as you wish.

ORNAMENTAL FROSTING.

Draw a small syringe full of the icing and work it in any design you fancy. Wheels, Grecian borders, flowers or borders of beading look well.

YELLOW FROSTING.

The yolk of one egg and nine tablespoonfuls of pulverized sugar; flavor with vanilla. Use the same day it is made.

IT MAKES LIGHT ,WHOLESOME CAKES

GINGER COOKIES.

One cup of sugar, one cup of butter or $\frac{1}{2}$ part lard, one egg, one tablespoon of vinegar, one tablespoon of ginger, one teaspoon of soda dissolved in boiling water. Mix like cooky dough, rather soft.

DOUGHNUTS.

Two cups sugar, one cup sour milk, one cup of sour cream, three eggs, two scant teaspoons soda, flavor to suit the taste, one-half teaspoon of salt, flour enough to roll.

COOKIES.

Two cups sugar, one cup of butter, three eggs, one cup of sour cream, two scant teaspoonfuls soda, flavor to suit the taste; add flour enough to roll.

NUT WAFERS.

For the nut wafers work four tablespoons of butter until creamy, using a wooden spoon, preferably a wooden cake spoon which has slits; then add gradually, while stirring and beating constantly, one cup granulated sugar and two eggs well beaten. Mix and sift two teaspoonfuls of baking powder, one-quarter teaspoon of salt and one cupful of pastry flour (once sifted). Add to first mixture, then add four tablespoonfuls of milk, three-quarters cupful of finely chopped peanuts and one teaspoonful of lemon juice. Drop from a teaspoon on an unbuttered tin shoot one inch apart and place half a peanut on top of each. Bake fifteen minutes in a slow oven. This recipe should make three dozen cookies.

OATMEAL COOKIES.

One cup sugar, one cup butter, one cup raisins (chopped), two cups white flour, two cups oatmeal, eight tablespoon milk (sweet), one teaspoon cinnamon, one teaspoon soda.

GINGER COOKIES.

Three cups molasses, two-thirds cup lard, two cups water, one large tablespoon ginger, two heaping teaspoons soda. Knead soft a long while.

COOKIES.

One cup sugar, two-thirds cup butter, one egg, one-half cup sour milk, one teaspoon soda, nutmeg to flavor, flour.

YOU MAY THINK OTHERS NICE

GINGER SNAPS.

One cup lard, one cup sugar, one cup molasses, one tablespoon ginger, heaping teaspoon soda, knead stiff with flour, with a spoon, keep it warm while kneading, roll in balls with hand, keep apart in pan to give them room to spread.

ROCKS.

One and one-fourth cups sugar, one-half cup butter, one-half cup sweet milk, two eggs, one-half teaspoon salt, three-quarters teaspoon soda, one-half teaspoon cinnamon, one-quarter teaspoon cloves, one cup chopped raisins, two cups flour, two cups oatmeal. Drop on buttered tins and bake in a quick oven.

NUT COOKIES.

Sugar, two cups, butter, two-thirds cup; eggs, three; sour cream, one cup; soda, one teaspoon; chopped nuts, one cup.

GINGER SNAPS.

Two cups sugar, one cup molasses, three eggs, four tablespoons of vinegar, one teaspoon of cinnamon, one tablespoon ginger, one tablespoon soda, flour enough to roll.

JUMBLES.

Four eggs, one cup butter, two cups sugar, one cup sour cream, two teaspoons of soda, small nutmeg, flour enough to roll.

CHILDREN'S COOKIES.

One-half cup brown sugar, one-half cup molasses, one-half cup butter or lard, one-half cup hot water, two cups flour, one-half tablespoon soda, one-half tablespoon ginger. Stir and drop on buttered tins.

OATMEAL COOKIES.

Six cups oatmeal, one cup butter, two cups of sugar, one cup boiling water, one teaspoon soda, flour enough to roll. Rub butter in the oatmeal, then add sugar and water and flour.

OATMEAL COOKIES.

One cup white sugar, one cup shortening (butter and lard mixed), two eggs, and a pinch of salt, one teaspoon soda, six tablespoons sour milk, two cups flour, two cups oatmeal, one cup chopped nuts or raisins. Drop a teaspoonful in a place in a greased pan and bake in hot oven.

BUT THERE'S NOTHING LIKE BEN-HUR SPICE.

FRUIT COOKIES.

One and one-half cups sugar, one cup butter worked to a cream, add three eggs well beaten, one-half cup molasses, one teaspoon soda dissolved in a little cold water, cup of raisins, cup of currants, one teaspoon each of cinnamon, cloves and ginger, flour enough to roll.

COOKIES.

Two eggs, one cup of sugar, one cup of sour cream, one-half cup of butter, one-half teaspoon soda, one-half teaspoon salt, two heaping cups flour, one teaspoon baking powder sifted with the flour, one teaspoon of vanilla. Add just enough more flour to roll out easily. Sour milk can be used instead of sour cream with more butter.

ROCKS.

One and one-half cups light brown sugar, one cup butter, three eggs, two and one-half cups flour, one teaspoon soda, one teaspoon cinnamon, three-quarters pound of raisins, one and one-half pound English walnuts or hickory nuts. Drop spoonful in place on buttered tins.

MOLASSES COOKIES.

Two cups of molasses, one cup of brown sugar, one cup of butter, one cup of buttermilk, yolks of two eggs, one tablespoon of ginger, three teaspoons of soda, one teaspoon of cloves, one teaspoon of cinnamon, one teaspoon of vanilla. Bake in quick oven. Whites of two eggs for cooked frosting.

GINGER SNAPS.

One cup sugar, one cup of molasses, one heaping cup of butter, and lard, mixed, two eggs, two teaspoon ginger, a little ground cinnamon, one heaping teaspoon soda dissolved in a little hot water, flour to roll thin.

GINGER COOKIES.

One cup sugar, one cup molasses, one cup butter and lard, mixed, two eggs, one cup sour milk, two teaspoons soda, one teaspoon cinnamon, one of cloves, two teaspoons ginger, one teaspoon vanilla. Flour enough to keep from sticking. Cut in squares, bake in quick oven; frost when cold. Keep in stone jar; will keep a long time.

GRAHAM FRUIT COOKIES.

One tablespoon butter, one and one-half cups brown

GOOD SPICES MAKE GOOD COOKIES

sugar, one cup thick with graham flour to roll out. Bake in an oven as hot as for white flour cookies, as it takes longer to bake them.

FRIED CAKES.

Mix thoroughly one cup of sugar and butter the size of a walnut, add two eggs. Dissolve one level teaspoon soda in a little warm water and add to one cup buttermilk. Now add the buttermilk and one quart of flour, also one-half teaspoon of salt. This will seem a soft dough, but be careful about adding any more flour. Sprinkle with sugar.

DROP DOUGHNUTS.

One cup sweet milk, two cups sugar, two teaspoons melted butter, four eggs, one teaspoon baking powder, two cups currants. Make stiff batter and drop teaspoonful in boiling lard. Splendid.

DOUGHNUTS.

One and one-half cups sugar (light brown), one and one-half cups buttermilk, three eggs, eight tablespoons melted butter, enough flour to make them sufficiently stiff to roll out. Flavor. Fry in smoking hot lard.

DOUGHNUTS.

One cup of sugar, three eggs, one teaspoon of melted butter, two-thirds cup of sour cream, two even teaspoons of cream tartar, one even teaspoon of soda, flour enough to roll. Salt and nutmeg to taste.

NEW ENGLAND FRIED CAKES.

One cup light brown sugar, one rounding tablespoon butter, one cup sweet milk, two eggs, one-quarter tablespoon salt, one-quarter teaspoon nutmeg, 4 cups flour, four rounding teaspoons baking powder. Sift baking powder with flour, cream butter and sugar, add eggs and beat thoroughly; then add the milk and flour. More flour should be added on the kneading board until the dough can be rolled out one-fourth of an inch thick and retain its shape when cut.

WHITE COOKIES.

One and one-half cups sugar, one cup butter, two eggs, one-half cup sweet milk, one and one-half teaspoonfuls baking powder, one teaspoon vanilla. Add flour to make as soft a dough as can be rolled. Roll thin and bake in a quick oven.

GRAHAM COOKIES.

Two-thirds cup sugar, one cup molasses, one-half cup

BEN HUR SPICES ARE EXTRA GOOD

butter, one-half cup sour milk, one teaspoon ginger, one teaspoon soda. Mix with graham flour.

NUT CRULLERS.

Beat four eggs until light, then beat in one cupful of sugar. To this add the grated rind of one lemon and one-half a nutmeg grated, one-half teaspoonful of salt and a gill of sweet milk; stir in one-half pound of dried cocoanut and one quart flour, in which two teaspoonfuls of baking powder are sifted. Roll to the thickness of half an inch, cut out with a round cutter half an inch in diameter. Boil in hot lard to a delicate brown and roll in powdered sugar. These little balls taste like confectionery.

COCOANUT COOKIES.

One and one-half cups sugar, one scant cup butter (creamed together), two eggs beaten, one-half cup sweet milk, one cup cocoanut, teaspoon vanilla, two teaspoons baking powder sifted in enough flour to make a soft dough. Bake in a quick oven.

SUGAR COOKIES.

One-half cup of melted butter, one cup of soft light brown sugar, two eggs, one-half teaspoon of soda dissolved in two tablespoons of water, two teaspoons of baking powder. Flavor to taste and flour enough to mix a dough as soft as can be handled. Set dough on ice to harden before rolling out.

OATMEAL COOKIES.

One cup white sugar, one cup shortening, two eggs, pinch of salt, five tablespoons sour milk, one-half teaspoon soda, two cups oatmeal, two and one-half cups flour, one cup seeded raisins.

MARSHMALLOW CREAM.

One pint of cream, one-half cup sugar, one-quarter pound of marshmallows, English walnuts, two tablespoons of gelatine. Dissolve gelatine in one-half cup of hot water and pour over the marshmallows, which will also dissolve. Whip the cream and add it to the sugar, nuts and other mixture. Set aside to cool.

BREAD AND ROLLS

To mould mankind at will and shape their acts,
First dine them well and they will become as wax.

INGREDIENTS FOR ONE LOAF OF BREAD.

One cup lukewarm milk or water, one-eighth cake com-

A SUGGESTION FOR BREAKFAST

pressed yeast dissolved in one-quarter cup of lukewarm water, one-half teaspoonful sugar, same of salt, one teaspoonful of lard, and three to three and one-half cups of flour; the less flour used, the better. Beat the sponge well; let stand until light, then mix in a loaf. Use only enough of the flour to make a batter (for the sponge) thick as for griddle cakes.

The two important ingredients in wheat flour are starch and gluten. Starch produces heat, gluten muscle. The popular process flour we now hear so much of, is more nutritious than that formerly used because of the large amount of gluten it contains. Yeast serves to change part of the starch in the flour to sugar, but there is no such change when soda is used for raising bread or biscuits.

BUTTER ROLLS.

In measuring sugar and salt after a recipe, the spoon should be level full for the latter and rounding full for the former.

One quart flour, one-half pint of warm milk, one tablespoonful of lard, one of sugar, one and a half cakes quick yeast dissolved in half a cup of warm milk. Add flour to make a thick batter, and beat until light; (can't beat too much); then mix the lard, sugar and the half pint of warm milk and flour with the yeast, and beat it and beat it, and beat it and set it to rise; when light, add salt; mix stiff enough for biscuit, and let rise again; when light, roll and cut out small, put a small piece of butter on the top of each biscuit, double over or pinch together, let them rise again, and bake in a quick oven. Do not place them very near each other in the baking pans. Bake fifteen minutes. In kneading do it with the fingers, not the whole hand.

BROWN BREAD.

Two cups buttermilk, one cup sweet milk, one-half cup brown sugar, one cup corn meal, one cup white flour, three cups graham flour, one-half cup molasses, one teaspoon salt, one cup raisins floured, two teaspoons soda dissolved in hot water. Beat hard, cover and bake one and one-half hours.

GINGER BREAD.

Two-thirds cup white sugar, one-half cup maple syrup, one-half cup butter, one-half cup sweet milk, two cups flour, one teaspoon cinnamon, one teaspoon ginger, one teaspoon soda, two eggs. Bake in moderate oven.

BEN-HUR COFFEE AND FRIED CAKES

WHITE GEMS.

Two eggs, two tablespoons melted butter, two tablespoons sugar, one cup sweet milk, two scant cups flour, one and one-half tablespoons baking powder, a little salt. Bake in gem tins.

STEAMED BROWN BREAD.

Two cups graham flour, one cup white flour, one cup molasses, one-half cup sour milk, one cup water, one egg, pinch of salt, one teaspoon soda, one cup dried currants. Steam two and one-half hours.

FRITTERS.

Two eggs beaten well, two cups of flour, one cup of milk, two teaspoons of baking powder, a pinch of salt. Drop in hot lard and cook until brown.

MUFFINS.

Two cups flour and two teaspoons baking powder, one-quarter cup lard, one-quarter cup sugar, one cup milk, yolks of two eggs. Lastly add whites of two eggs beaten stiff.

FRENCH ROLLS.

One pint sweet milk, scalded. Put into it while hot one-half cup of sugar and one tablespoon of butter. When the milk is cool add a little salt and one-half cup of yeast or one compressed yeast cake. Stir in flour to make a stiff sponge and when light mix as for bread. Let it rise until light, punch it down with the hand and let rise again. Repeat two or three times, then turn the dough on the moulding board and pound with the rolling pin until thin enough to cut. Cut out with a tumbler, brush the surface of each one with melted butter and fold over. Let the rolls rise on the tins, bake, and while warm brush over the surface with melted butter. Don't mix too stiff.

"DUTCHMEN."

One pint bread sponge, one-half cup sugar, two beaten eggs, heaping tablespoon lard. Mix soft, let rise, make into tiny biscuits, let rise again, bake in rather quick oven. serve hot.

ROLLS.

One pint sweet milk, one-half cup sugar, one half cup butter (or lard and butter mixed); stir together and let come to a boil; when cool put in one soaked yeast cake and

FOR EARLY RISING

stir well. Pour this into one quart of flour and let remain over night. In the morning mix as bread and when light poke down just once; let it rise a second time, then roll out quite thin; cut out with cooky cutter, spread with butter, double over half and let rise, then bake.

NUT BREAD.

Sift together four cups flour, four teaspoons baking powder, one teaspoon of salt, one cup of sugar, and add one cup of chopped hickory nut meats, not very fine. Stir, then add one cup of milk and one well beaten egg. Pour into two buttered bread pans and let stand twenty minutes. Bake one-half hour.

ANNA'S WAFFLES—(EXCELLENT).

Three cups of flour, one and one-half cups of sweet milk, three eggs, one tablespoon melted butter, one and one-half tablespoons baking powder, salt; beat eggs separately.

WAFFLES.

One pint sour milk, two teaspoons soda, three eggs beaten separately, three teaspoons melted butter, salt, and flour to make stiff batter. Very nice.

SALT RISING BREAD.

One pint boiling water poured upon two tablespoons new milk and a saltspoon of salt; one of pepper and ginger. Let stand until just lukewarm; then stir in flour enough to make thick batter; put the dish in a kettle of warm water and stand until light, keeping it warm, then add three pints warm milk or water and flour enough to make thick batter, adding a teaspoon salt. Let rise again, mix into loaves and bake when light.

SODA BISCUIT.

To a quart of flour add a saltspoon of salt, three very heaping teaspoons of baking powder, a piece of lard the size of an egg; sift the baking powder and salt into the flour, then rub the lard thoroughly through the flour; mix to a soft dough with sweet milk, with as little kneading as possible, roll and cut with a cooky cutter, and bake in quick oven.

BUNS.

Three cups sweet milk, one cup yeast, two cups sugar, one cup butter, one cup currants. At night mix two and one-half cups of milk, one cup sugar and the yeast with flour

USE BEN-HUR BAKING POWDER

enough to form a thick batter. In the morning beat the remaining sugar and butter together and add to the batter. Add the remainder of the milk and mix moderately stiff with flour, adding the cup of currants. If it should seem best, add a pinch of soda to the milk before mixing stiff. When risen light, roll out to the thickness of half an inch and cut with a biscuit cutter. Let rise and bake.

BROWN BREAD.

Three teacups sour milk, one teacup molasses, one teacup corn meal, three teacups graham, one teaspoon soda, one scant tablespoon salt. Mix and pour into three well buttered molds and set in steamer over boiling water, cover closely and steam four hours, then remove to a moderate oven for fifteen or twenty minutes to dry top.

WALNUT BREAD.

Stir one cup chopped walnut meats into the sponge for two small loaves of bread. Mix hard and treat as you would ordinary bread dough. Bake in pound baking powder cans. When cold cut in thin slices, butter, and press two slices together.

STEAMED BROWN BREAD.

Three cups of graham flour, stir in the flour one heaping teaspoon of soda, a little salt, two-thirds cup of molasses, one cup sour milk, two-thirds cup of seeded raisins. Steam three hours, put in oven, bake fifteen minutes. Serve hot.

CURRANT ROLLS.

Dissolve one yeast cake in a pint of scalded and cooled milk; add flour for a "sponge". When light add three eggs, one-half cupful each of sugar and melted butter, a teaspoon of salt, and flour to knead. When light, roll into a thin sheet, brush with butter, dust with cinnamon and sugar, and sprinkle with currants. Roll, cut into rounds. Bake about half an hour.

CORN CAKES.

One cup flour, one cup corn meal, three teaspoons baking powder, one-half cup butter, one-half cup sugar, salt to taste. Add last one egg beaten light and added to one cup sweet milk.

POTATO ROLLS.

Two cups mashed potatoes, one cup of home-made yeast,

SUCH AROMA AND DELICIOUS FLAVOR

three eggs, one cup of sugar. When raised light add one cup of lard or butter, and flour to make a soft dough, and when quite light, mould into small rolls and let rise again before baking. If wanted for six o'clock p. m., set about nine a. m.

CORN MUFFINS.

One pint meal, one tablespoon lard, one heaping teaspoon baking powder, one-half pint of milk, two eggs, one-half teaspoon of salt. Beat the eggs separately until very light. Then add to the yolks the meal, baking powder and salt sifted together, then the lard melted, then the milk, and when just ready to pour into the hot buttered pans add the whites of eggs beaten to a stiff froth.

DABS.

Two cups whole wheat flour, three tablespoons of butter or lard, one tablespoon of baking powder, two tablespoons sugar, one teaspoon salt, milk enough to make a stiff batter that will drop from a spoon, about one cup. Drop in dabs on a well greased dripping pan and bake.

BREAKFAST BUNS.

One pint warm water, one-half cup lard, one cup light bread sponge, one teaspoonful salt. Mix stiff at noon and let dough rise till night. Make into biscuits, making them flat like a baker's buns, place at least two inches apart in bake pans, let rise till morning and bake ten or fifteen minutes. In warm weather mix about middle of the afternoon.

STEAMED GRAHAM BREAD.

One cup of sweet milk, one cup of sour milk, one-half cup of molasses, one-half cup of sugar, one cup seeded raisins, one teaspoon soda, salt and graham flour to make a stiff batter. Steam three hours.

BROWN BREAD.

Two cups of sour milk, two-thirds cup of molasses, one and one-half level teaspoons of soda dissolved in hot water, one teaspoon salt, one large coffee cup each of flour, corn meal and graham flour. Beat well, making a stiff batter. Steam three hours, then bake fifteen minutes. If desired, add one-half cup of seeded raisins.

PIES

CHICKEN PIE CRUST.

Two teaspoons baking powder in two cups flour, two

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tablespoons lard or butter, salt, one egg, one cup milk. Mix soft so as to spread on the-pie with a spoon.

LEMON PIE.

Grate the yellow rind of a lemon, add the juice, one cup sugar, one saltspoon of salt, two level tablespoons of flour; beat well and add one cup of milk, pour in pie tin lined with crust and bake. When done beat the whites of the eggs to a stiff froth and one-half cup sugar spread on the top. Return to the oven and brown lightly.

MINCE MEAT.

Three bowls of beef boiled and chopped, five bowls of apples, one bowl of molasses, one of vinegar, two quarts of cider, one of suet or butter, two of raisins, five of sugar, two tablespoons each of cinnamon, nutmeg and cloves, one table-spoon each of salt and black pepper, three lemons; grate in the outside and squeeze in the juice. Add all but the meat and spices, boil until the raisins are tender, and pour on to the meat and spices. This makes a large quantity, but it is very nice and keeps well.

APPLE OR PEACH MERINGUE PIE.

Parc, slice and stew the fruit, sweeten and mash; grate nutmeg on it, spread crust on plate and bake till done; then spread on the plate and cover with thick meringue made by whipping to a froth the whites of three eggs for each pie, sweetening with three tablespoons of sugar. Beat until it will stand alone, and cover the pie three-quarters of an inch thick; set back in the oven till well "set" and eat cold. A little corn starch can be added if the egg is too thin.

PUMPKIN PIE.

One pint well stewed and drained pumpkin, one quart rich milk, scalded, one cup sugar or a little less, and two tablespoons of molasses, one tablespoon ginger, same of cinnamon, half saltspoon of salt, two eggs. Bake in quick oven in a pie plate lined with nice crust; fill and bake at once.

PUMPKIN PIE.

To one quart of stewed pumpkin use three pints of milk or cream, three eggs, one nutmeg, tablespoon of butter, and half a cup (small) of powdered cracker to four pies. Sweeten to taste.

SIMPLY DE-LICIOUS

MOCK CHERRY PIE.

One and one-half cups of cranberries, one cup raisins, one cup sugar, one tablespoon flour, one teaspoon vanilla, one-half cup water, one teaspoon butter (melted), chop cranberries and raisins, then add flour, sugar, etc., and don't bake it too fast.

ORANGE PUFF PIE.

Cream together three-quarters of a cupful of sugar and three tablespoonfuls of butter and beat in the juice of an orange and half the rind grated; add the yolks of three eggs and the whites of one, beaten; line a deep pie plate with rich flaky crust, and fill with the mixture; bake, and when done cover with an icing made by beating the whites of two eggs to a stiff froth and adding three tablespoonfuls of powdered sugar. Set in the oven and brown slightly. Serve cold.

CHOCOLATE PIE

Two cups milk, scant cup sugar, two tablespoonfuls of flour, pinch salt, level tablespoonful of pulverized chocolate, yolks of two eggs, whites for frosting. Put chocolate and sugar in cold milk before putting over the fire. Keep out a little of the cold milk to rub the flour smooth, also a little sugar for frosting.

LEMON CUSTARD PIE.

One cup of sugar, three eggs, one cup of milk, one tablespoonful of flour, two tablespoonfuls of powdered sugar, juice and rind of one lemon. This makes enough for one pie.

SOUR CREAM PIE.

Four eggs; save whites of three eggs for top. Piece of butter size of small walnut, one cup sugar, one cup chopped raisins, one cup sour cream. Beat eggs well, add cream and beat again, then add sugar, butter and raisins; beat this until raisins are thoroughly separated.

Beat whites of three eggs and spread on top.

LEMON PIE.

One cup of sugar, two tablespoonfuls of flour, one egg, one cup of water, juice and rind of one large lemon, one soda cracker.

MOCK LEMON PIE.

One cup of sugar, one heaping tablespoonful of flour, the yolks of two eggs (save the whites for frosting), one

BEN-HUR HIGH GRADE COFFEE

teaspoon of lemon extract, two-thirds cup of boiling water, two-thirds cup of stewed pie plant; mix sugar, flour, eggs and extract together, then pour on the water, then the pie plant. Bake with one crust.

BEST PIE CRUST

Two and one-half cups of flour, one cup of lard, one even teaspoon of salt, one even teaspoon of baking powder, one-half cup cold water

PUDDINGS

Live like yourself, was soon my ladies' word,
And lo, a pudding smoked upon the board.—Pope.

SUET PUDDING.

One cup molasses, one cup sweet milk, one cup suet chopped fine, one-half teaspoon soda, one cup raisins, one cup currants, two and one-half cups flour. Mix well; salt and spice to taste. Steam three hours.

WALNUT LOAF.

Mix thoroughly two cups soft bread crumbs from center of loaf, one cup chopped walnut meats, one level teaspoon salt, one-quarter teaspoon pepper and ginger. Melt one-third cup butter in one-half cup hot water, pour gradually into a beaten egg, then combine with dry ingredients. Shape into an oval loaf, put into a buttered pan, bake forty-five minutes in a moderate oven. Baste with hot water in which a little butter has been melted. Serve with brown sauce.

APPLE CORN MEAL PUDDING.

Pare and core twelve apples; slice them; then stir into one quart of new milk; one quart of sifted corn meal; add a little salt, then the apples, four tablespoons chopped suet and one teacup molasses, adding one teaspoon soda dissolved. Mix thoroughly, pour into buttered dish and bake for four hours. Serve hot with the following sauce:

Sauce: One cup sugar, one-half cup butter, one egg beaten light, one lemon, juice and rind; one-half cup boiling water; put in a tin basin and thicken.

STEAMED PUDDING.

Three-quarters cup butter, one-half cup molasses, one-half cup brown sugar, one cup sour milk, one teaspoon soda, three cups flour, one coffee cup raisins, one-half cup currants,

THE SECRET OF GOOD PUDDING

one teaspoon cloves, two teaspoons cinnamon, one teaspoon salt. Steam about two and one-half hours.

Sauce: Juice and grated rind of one lemon, one-half cup of butter, one tablespoon corn starch, one cup of sugar. —Retta Perry.

SUET PUDDING.

One cup of molasses (sorghum), one cup of suet chopped fine and mixed with three cups of flour and pinch of salt, one cup of sweet milk, one teaspoon soda, one teaspoon cinnamon, nutmeg to taste; last add one-half pound raisins and other fruits if desired. Steam three hours and serve with sauce.

SCALLOPED APPLES.

One quart stale bread crumbs, one-quarter cup butter, one quart sliced apples, one quarter cup sugar, one-quarter teaspoon grated nutmeg, grated rind and juice of one-half lemon (lemon may be omitted). Grease pudding dish with butter; place layer of bread crumbs in bottom; cover with lumps of butter; add layer of sliced apples, add sugar, nutmeg and lemon. Then add another layer of bread crumbs, and continue in same way until dish is full, having bread crumbs on top. Bake forty minutes in moderate oven. Cover at first to prevent crumbs browning. Serve with sugar and cream. Very good served without cream with roast pork.

CHARLOTTE RUSSE.

One pint cream, three-quarters of a pint of milk, one-quarter of a pound of sugar, one-quarter of a box of gelatine, two eggs, one teaspoon of vanilla added to the cream; add to the sugar the yolks of the eggs beaten together, dissolve the gelatine in the warm milk, strain this into the sugar and yolks; beat the whites stiff; have the cream cold and whip light, add the cream to the eggs, sugar and gelatine; lastly add the whites of the eggs; pour into moulds lined with sponge cake, and set in the ice chest until wanted.

CHARLOTTE RUSSE.

One cup sugar, one cup flour, two eggs, one-third cup boiling water, one teaspoonful baking powder; flavor with lemon. Break the eggs into the sugar, beat thoroughly, add the flour and the baking powder, then the water and the lemon; bake in a square loaf, split the cake and pile on the

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BEN-HUR BAKING POWDER

top whipped cream, lay in a flat dish and surround with jelly.

PUDDING SAUCE.

One egg well beaten, one cup sugar, one cup sweet milk, small piece butter. Mix all together and boil till thick as cream. Good on any pudding or boiled rice.

BLACK PUDDING.

One cup cooked prunes (chopped fine), one cup chopped cups flour, yolks of two eggs, one-quarter teaspoon each of cloves and cinnamon, one teaspoon salt, two-thirds cup of hot water; add one level teaspoon of soda, and add this hot water the last thing. I add a small teaspoon of baking powder to the flour; also pour in greased pan and steam two hours.

Sauce: Boil one cup sugar with one-half cup water, boil until it hairs and pour over the stiffly beaten whites of the two eggs. Flavor to suit the taste.

RAISIN PUFFS.

Two cups flour, one cup milk, one cup raisins, one-half cup butter, two eggs, two tablespoons sugar, three teaspoons baking powder. Steam one-half hour in eight cups.

Sauce: Six tablespoons milk, when scalding add one and one-half cups powdered sugar, mixed with yolks of three eggs, stir until thick, flavor and add beaten whites and stir until it foams.—Mrs. R.

BOILED BREAD PUDDING.

One quart of bread crumbs soaked in water; add one cup of molasses, one tablespoon of butter, one cup of fruit, one teaspoon of each kind of spice, one teaspoon of soda, about one cup of flour. The bread crumbs must be soaked in as little water as possible. Boil in a well greased mold two hours. Eat with sauce.

SAGO PUDDING.

Pare and core six apples, slice in pudding pan, cook one cup of sago in one quart of water until clear; add one cup milk, one-half cup sugar, two eggs. Pour over apples and bake in moderate oven.

PINEAPPLE PUDDING.

One cup tapioca soaked in plenty of cold water over

BEN-HUR COFFEE HAS QUALITY

night, drain off the water and add juice from one can of pineapple, juice of one lemon, one and one-half cups sugar; cook until clear, add pineapple cut in small pieces or the grated, and the whites of three eggs beaten stiff. Serve cold with whipped cream.

FROZEN PUDDING.

Cook six ounces of rice in one quart of milk in double boiler until tender, add one teaspoonful salt, three eggs well beaten, four ounces sugar; cool; then add one teaspoonful vanilla extract, put into freezer and freeze solid. Remove dasher and hollow out center; whip one pint of cream until stiff, add one-quarter pound candied pineapple, one-quarter pound seedless raisins that have been sprinkled with two tablespoonfuls of orange juice and remained covered for two hours, one-quarter pound candied cherries and four ounces sugar. Mix well and fill cavity; pack and freeze. This is delicious to serve in place of ice cream

STEAM PUDDING.

One cup sugar, one-half cup butter, one-half cup water, two eggs, two teaspoons baking powder, flour to make a stiff batter.

Sauce: One-half cup sugar, one-half cup butter, one teaspoon lemon essence, one pint boiling water thickened with flour.

COCOANUT TAPIOCA PUDDING.

Soak four tablespoonfuls of tapioca over night in cold water; pour off the water and stir the tapioca into a quart of boiling milk in the double boiler. Boil the milk and tapioca ten minutes, then add the beaten yolks of four eggs, one cup of sugar and three tablespoonfuls of cocoanut chopped fine; if fresh cocoanut is used, boil for another ten minutes. Pour into your pudding dish, beat the whites of the eggs to a stiff froth, add a little sugar and spread over the pudding, sifting a little cocoanut over the top. Set in the oven and brown slightly. Serve cold.

BUCKEYE PUDDING

One cup molasses, one cup of warm water, one cup of chopped raisins, two cups of flour, yolks of two eggs, one dessert spoonful of soda. Steam two hours.

Sauce: Whites of two eggs beaten stiff, one cup of pulverized sugar and one-half cup of butter (creamed together),

ASK YOUR NEIGHBOR

add eggs beaten well, one tablespoon of hot water, one tablespoon of vanilla. Set in dish of warm water to warm, but not cook any.

MARSHMALLOW CREAM.

One pint cream (whipped), one-half teacup sugar, two tablespoons gelatine dissolved in as little cold water as possible, five cents' worth marshmallows, five cents' worth English walnuts, flavor as desired. Serve very cold.

CRANBERRY PUDDING.

One cup molasses, one cup hot water, one cup cranberries (uncooked), one teaspoonful soda, flour to make a moderately stiff batter. Steam two hours.

Sauce: One cup sugar, one-third cup butter. Mix these till creamy and add one cup of cream. Warm slightly.

CHOCOLATE CREAM.

Heat one quart milk until almost boiling, one-half cup corn starch, same of sugar, three teaspoons cocoa, pinch of salt, mixed well and made smooth with milk; stir this into hot milk until it thickens. Remove, add one teaspoon vanilla, then pour into molds or cups wet with cold water and serve cold with whipped cream or cream and sugar.

ORANGE PUDDING.

Peel and slice four large oranges, lay in your dish and sprinkle over them one cup sugar, the yolks of three eggs beaten, one-half cup of sugar, two tablespoons of corn starch, one quart boiling milk; let it boil and thicken, then let it cool a little before pouring over the oranges. Beat the whites with a little pulverized sugar and flour over it, set in oven to brown.

PRUNE DESSERT.

One-half pound prunes cooked until tender, rub through colander; soak one-half box gelatine in one-half pint cold water five minutes, then add one pint boiling water; when dissolved add one cup sugar, stir all together, set in cool place to harden. When firm sprinkle top with broken meats of English walnuts. Serve with whipped cream.

GRAHAM PUDDING.

Two eggs, one cupful sour milk, one large cupful suet (ground or chopped), one-half cupful dark molasses (New Orleans best), one-half cupful "C" sugar, one small cupful

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ORANGE ICE.

Two and one-half cups of water, one and one-half cups of sugar. Cook until syrup and let cool. Strain the juice of five oranges and one lemon and add to syrup, then freeze.

ITALIAN CREAM.

One quart of milk, a pinch of salt, four eggs beaten separately and one box of Knox's gelatine dissolved in a little water. Let milk cook until it simmers and then add yolks, with four tablespoons of sugar. Stir in gelatine and remove from stove. Then beat whites of eggs stiff adding two tablespoons of sugar and a few drops of extract of vanilla. Serve with cream.

SHERBETS

Commonly called water ices, are prepared of sugar, water and fruit juice. If a rich and smooth ice is wanted, boil the sugar and water together twenty minutes.

ORANGE SHERBET.

Grate the yellow rind of two oranges and squeeze the juice of two lemons, with which mix one pint of orange juice. Let stand one hour. Add a pint of sugar and one quart of water. Strain and freeze.

MILK SHERBET.

One quart of milk, one pint of sugar, juice of four lemons, or one pint of mashed strawberries. Put milk in freezer. Freeze twenty minutes. Stir in sugar and fruit juice. Freeze.

FROZEN PEACHES.

One can of peaches, one heaping pint of granulated sugar, one quart of water, two cupfuls of whipped cream. Boil the sugar and water together twelve minutes, then add the peaches and cook twenty minutes longer. Rub through a sieve, and, when cold, freeze. When the beater is taken out stir in the whipped cream with a spoon, cover and let stand one hour.

STRAWBERRY SHERBET.

One pint and a half of strawberry juice, one pint of sugar, one pint and a half of water, the juice of two lemons.

YOU MAY THINK OTHERS NICE

Boil the water and sugar together for twenty minutes, add the lemon and strawberry juice. Strain and freeze.

SOUFFLE DE RUSSE.

Three pints of milk, four eggs, one-half box of gelatine; sweeten and flavor to taste; boil as custard. As it is taken from the fire stir in the whites beaten to a stiff froth. Pour into molds and when cold eat with cream.

FRUITTI-FRUITTI ICE CREAM.

One quart rich cream, one cup sugar, four eggs. Beat yolks of eggs and sugar to a cream and add the whites, then the cream; then add two small cups of dates, one cup of figs, half a pound of citron, a half cup of seeded raisins, a half cup of blanched almonds, the same of English walnuts, all chopped fine. Freeze.

CHEESE

And e'en if the moon be not made of cheese,
There are some good things that are, if you please.

WELSH RAREBIT AND GOLDEN BUSH.

One-quarter pound grated cheese cut small, one-half pint milk, one egg well beaten, one-fourth teaspoonful mustard, lump butter; cook on a quick fire, stirring all the time; add last a soda cracker rolled fine; pour over thin strips of buttered toast and serve at once, adding a poached egg on the top of the toast and cheese.

CHEESE STRAWS.

One cup of butter stirred till soft, one full teaspoon dry mustard, one-half cup flour, one cup grated cheese, four teaspoons cold water, a little cayenne pepper, mix together and roll out very thin; cut in very narrow strips with a jiggling iron.

A NICE DISH OF CHEESE.

A half pound grated cheese, half the quantity of bread crumbs, two teaspoonfuls of butter, one coffee-cup of sweet milk; mix the cheese, butter and crumbs; season with salt; pepper and mustard, a little; pour the milk over these boiling hot; set over boiling water until the cheese dissolves; add the yolks of three eggs, beaten; stir well, and add to it the

BUT THERE'S NOTHING LIKE BEN-HUR SPICE

whites of the eggs beaten to a stiff froth; butter a very shallow pan or pieplate, pour in the mixture and bake twenty minutes; serve immediately.

FANCY STUFFED DATES.

Into a spoonful or two of jelly stir some chopped English walnuts, a little crystallized ginger and a little sweet pickle, all finely cut and well mixed together. Take stones from dates and fill dates with mixture, then roll in powdered sugar.

PRUNE WHIP.

One cup cooked prunes (chopped fine), one cup chopped nuts, whites of six eggs, eight tablespoons sugar, pinch of salt. Mix prunes and nuts. Bake in pan with opening in center. Place this pan in another pan of boiling water and bake forty-five minutes. When done make meringue as for lemon pie.

RAISIN MANGO PICKLES.

Put cucumbers in brine ten days as for any other pickles. Then put in fresh water and soak free from salt, cut in halves lengthwise, take out all the inside seeds with a spoon. Stuff with fresh raisins, tie with a string and place in jar. Take four cups brown sugar to every seven cups fruit and two quarts vinegar, one tablespoon spice, cinnamon and cloves. Place on fire to boil a few minutes, put on pickle and tie securely.

CHEESE STRAWS.

Three heaping tablespoons grated cheese, two of flour, yolk of one egg, butter size of a walnut, two tablespoons milk to mix hard. Cut in strips and bake; roll thin.

QUINCE HONEY.

Four large quinces, three pounds of granulated sugar, two quarts water; boil twenty-five minutes before adding grated quinces. Boil until thick like honey.

DUTCH DUMPLINGS.

Scald one pint new milk, sift and stir enough flour in milk to make very thick. When cold add three well beaten eggs, spoonful butter, even teaspoon salt. Drop in boiling gravy over meat and boil thirty minutes.

BEN-HUR QUALITY GOODS

OLIVE SANDWICHES.

Spread bread with rich manyonnaise dressing, seed and chop olives quite fine and spread on sandwiches.

EGG SANDWICHES.

Remove the yolks of six hard-boiled eggs and rub smooth. Season with one teaspoonful of French mustard, a little salt, a dash of pepper and a little vinegar to stiffen. Add the finely chopped whites and spread between slices of buttered bread.

HAM SANDWICHES—CREAM DRESSING.

One pint finely chopped ham, yolks of three eggs, half a teaspoon mustard. Beat yolks light, add half a teacup of vinegar, a tablespoon each of butter and sugar. Set the vinegar, butter and sugar on stove and stir continually till it is the consistency of thick cream, not allowing it to curdle, it will if too thick and not stirred all the time. When cool stir in one cup of thick, sour cream. Mix a little red pepper with mustard and add to the dressing. Butter nice, light bread, spread the dressing on one slice, placing a plain buttered slice on top.

TO MAKE WALNUT CREAM CANDY OR DATES.

Take the white of one egg, as much water as egg, add a little vanilla and salt. Stir (not beat) in sugar to form a cream, until a fork will stand up straight in it. Then place a little on the kernel of your nuts on each side and press gently; take stone from date and do in the same manner.

DIVINITY.

One-half cup water, one-half cup Karo corn syrup, two cups sugar; mix and cook until it hardens in water. Beat whites of two eggs stiff, stir hot syrup over eggs slowly and beat until very stiff; add to this English walnuts and Bishop cherries.

SOMETHING GOOD.

One quart flour, one egg well beaten, one-half cup of butter, one tablespoon of sugar, three teaspoons of baking powder, enough milk for a soft dough. Put in gem tins and put half peach (either fresh or canned) on each one; fill

WILL IMPROVE ALL COOKING

cavity with sugar. Bake and when done serve with whipped cream.

PENOCCHA CANDY.

To three cups of light brown sugar take one and one-half cups of cream and milk mixed. Cook, stirring constantly until it thickens in water sufficiently to adhere together; then pour into a large cup of English walnut kernels broken up fine (or as many kernels as one prefers). Stir until it thickens and will run into a greased platter. Before it is too cold cut it in small squares.

PANOCHI (CANDY).

Two cups granulated sugar, two-thirds cup milk or cream and one-quarter cup butter. When hot add one cup black walnut meats; cook until it will harden in water, take from stove and stir until it begins to cool, then pour into buttered pan.

ROASTED ALMONDS.

Shell and blanch almonds, put them in a sauce pan, with some salt, set them in the oven until they are hot, remove the sauce pan from the oven and add a small piece of butter to the almonds, and shake them over the fire until they are brown, taking care that they do not burn.

SALTED PEANUTS.

Shell them, remove the skins, put them into a dripping pan with just enough butter to make them glossy, and then brown them in hot oven, shaking the pan frequently to make them brown evenly. When the nuts are brown sprinkle them with salt.

MOLASSES CANDY.

One pint best New Orleans molasses, one cup brown sugar, a piece of butter the size of a hickory nut, the juice of one lemon or one tablespoon of vinegar. Boil until, when dripping in cold water, it will harden immediately; then stir in a pinch of soda; when thoroughly mixed pour out on buttered tins; when cool pull quickly, using the fingers only. Avoid pressing too much, as that makes it solid. It should be full of holes when ready to cut.

FOR PURITY, STRENGTH AND FLAVOR

"A DAINTY DISH."

Allow one egg for each person. Boil ten minutes. For each egg one tablespoonful of milk and a piece of butter the size of a walnut; to every two eggs a teaspoonful of corn starch, with pepper and salt to taste. Put this batter on the stove for a few minutes, then add the whites of the eggs chopped very fine. Stir until creamy and pour over slices of buttered toast, and over this grate the yolks of the eggs.

CARAMEL OR BURNED SUGAR.

Put two ounces of brown or white sugar into an old tin cup over a brisk fire. Stir this until it is quite dark and gives forth a burning smell, then add a cup half full of cold water. Let it boil gently a few minutes, stirring well all the while. Take off and when cold bottle for use. This keeps well and may be used for flavoring for gravies and soups.

CREAM CANDY.

One pound of loaf sugar, one cupful of water, one-half teaspoonful of cream tartar, two of vanilla, two of vinegar, butter size of an egg. Boil until it hardens when dropped into water. When nearly cold, pull as you would other candy.

CHOCOLATE CARAMELS.

Take of grated chocolate, milk, molasses and sugar one cupful each; piece of butter size of an egg. Boil until it drops hard, put into a buttered pan, and before it cools mark off in square blocks.

TO WHIP CREAM.

Very rich or very poor cream will not whip well; thick cream that will hardly pour should have an equal quantity of milk added to it before whipping. The cream should be ice cold. If the cream is very rich a beater will whip it; but there is nothing that will whip cream as well and as quickly as a "whip-churn," a tin cylinder, perforated at the bottom and sides, in which a dasher of tin, also perforated, can be easily moved up and down.

SYRUP FOR GRIDDLE CAKES.

Stew some good-flavored, rich apples. Strain as for

BEN-HUR EXTRACTS YOU'LL FAVOR

jelly; add sugar enough to make a rich syrup and let it come to a scald.

HOW TO BLANCH ALMONDS.

Shell the nuts and pour boiling water over them. Let them stand in the water a minute and then throw them into cold water. Rub between the hands to get the skins off.

CREAMED EGGS ON TOAST.

Use three hard-boiled eggs. Put one-half pint cream and one-half pint milk in a double boiler; add one teaspoonful of butter and one teaspoonful of flour well mixed and stir until thick, adding a level teaspoonful of salt. Separate the whites and yolks of the eggs and chop the whites not too finely, and add to the hot cream. Have ready nicely-browned slices of toast, on a warmed platter. Cover the toast with the creamed whites and grate the yolks over all, garnish with a few sprigs of parsley.

EGGS A LA CREME.

Boil eggs hard and cut in halves, place in a vegetable dish and cover with drawn butter sauce. Paris.

FRICASSEED EGGS.

Boil a half dozen eggs five minutes; dip them in cold water; shell them and cut in thick slices, and lay on hot toast. Boil a pint of milk; mix a spoonful of corn starch with it, the same of butter, and stir them in the milk so as to make a smooth sauce; add some pepper and salt, and pour over the eggs. Serve at once.

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WEIGHTS AND MEASURES.

Ten eggs are equal to one pound

One pound of brown sugar, one pound of white sugar, powdered or loaf sugar broken, is equal to one quart.

One pound of butter when soft, is equal to one quart.

One pound and two ounces Indian meal is equal to one quart.

One pound and two ounces of wheat flour is equal to one quart.

Four tablespoons are equal to one-half gill.

Eight large tablespoons are equal to one gill.

Sixteen large tablespoons are equal to one-half pint.

A common sized wine glass holds half a gill.

A common sized tumbler holds half a pint.

Four ordinary teacups of liquid are equal to one quart.

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